

State agency and school district employees have experienced vast changes in the workplace - tighter budgets, job consolidation and increased workloads. Employees have taken on these challenges by making extraordinary contributions and displaying dedication and energy in their achievements. Learn how to remain positive and continue to cope with change and uncertainty.

DelaWELL is pleased to continue their partnership with Human Management Services, Inc. (HMS) by offering FREE, hour-long workshops at various locations in June 2010 on:

“Don’t Get Burned: Managing Stress and Change”

Each workshop will be led by an HMS Trainer.

Some of the discussion topics will include:

- **How do we maintain our enthusiasm for our work while avoiding stress and burnout?**
- **How do we prepare ourselves for the certainty of change?**



Even positive change causes stress. We cannot avoid change, but we can learn to improve how we react and respond to change. This workshop will provide tools and perspective to help employees effectively cope with workplace stressors and increase stamina to ultimately avoid burnout.

To register for a location nearest you, visit www.delawell.delaware.gov and click on the “Workshops” link. (Employees Only)

**Participation in DelaWELL's workshops is open to all state, school district, charter school and higher education employees.*

